

Summer 2025 Newsletter

Greenwood Co. Extension Office
Courthouse
311 N Main St. Suite 7
Eureka, KS 67045
620-583-7455

Staff

Alisha Fisher
Family & Community Wellness
4-H & Youth Development
alisha32@ksu.edu

Ben Sims
Ag & Natural Resources
4-H & Youth Development
benjam63@ksu.edu

Kim Fogle
Office Professional
kjfogle@ksu.edu

Office Dates & Events

June

- 5 - Prairie Walk - NRCS and KSRE
- 10 - Madison Library- Eating a Rainbow
- 11 - Emerald Ash Borer Workshop - Anderson Building (Emporia)
- 17 - Pond Management Program - Butler Co. Community Building
- 20 - Hamilton Library- Eating a Rainbow
- 21 - 4-H County Archery Shoot - Eureka Lake
- 26 - Tallgrass Legacy Alliance - Ranch Tour - Tallgrass Prairie Preserve - Pawhuska
- 29 - 4-H Shotgun Shoot - Eureka Gun Club

July

- 1 - Fair Entries Due
- 19 - 4-H & FFA Horse Show - Saddle Club Arena
- 23 - 4-H Public Fashion Revue - Madison
- 25 - 28 - Greenwood County Fair

Follow us online!



K-State Research and Extension - Greenwood County



gwextension



<https://www.greenwood.k-state.edu/>

Community Survey

This survey is intended to help our staff identify community needs and develop programming

1.) On a scale of 1-10, with 1 being lowest and 10 being the highest, how would you rank your level of satisfaction with our program offerings?

1 2 3 4 5 6 7 8 9 10

2.) Please list which Extension programs have been the most beneficial to you.

3.) Please list which Extension programs have been the least beneficial to you.

4.) What educational programs would like to see offered?

For an online version of this survey, please visit:

<https://bit.ly/KSREGWSurvey>

Or, scan the QR Code:



You can also drop your anonymous survey off outside our office in the drop box at your convenience.

Information obtained from this survey is anonymous.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact one of the registration offices. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

Family and Community Wellness Articles

Alisha Fisher

Family and Community Wellness Agent



Make the Most of Your Grocery Shopping

Before heading to the grocery store, take some time to plan your meals for the week. Once your weekly menu is set, check your fridge and pantry for ingredients you already have. If a recipe makes more servings than your family will eat in one sitting, plan to incorporate leftovers into your weekly menu. Aim to include at least three MyPlate food groups (dairy, protein, fruits, vegetables, and grains) in each meal. Once you've created your grocery list, stick to it! It's easy to make impulse purchases, but consistently buying unplanned items can quickly inflate your grocery budget. A great way to avoid impulse shopping is to eat before heading to the store. To increase savings, choose generic brands when possible, staples like pasta, rice, and flour are often made with the same ingredients as name brands but cost a fraction of the price. Before finalizing your grocery list, check for coupons, sales, and choose in-season produce to maximize your savings. If you are buying in bulk, make sure the items have a long shelf life or that you will use them before they expire.

Proper food storage is key to minimizing waste and making the most of your groceries. The average family of four loses about \$1,500 per year due to wasted food. To prevent this, buy only what you need, especially perishable items. When unpacking groceries, put the food away in the correct location. Raw meat should be on the bottom shelf of the fridge to avoid cross-contamination, and fruits and vegetables should be stored separately. If you're unsure whether a produce item should be refrigerated, consider where it was displayed at the store. If it is kept at room temperature, it can remain that way until it's cut or cooked. Use the "first in, first out" method to ensure older food gets eaten before it expires. Keep condiments and preserved foods in the fridge door, as they can withstand slight temperature fluctuations. If you won't use something before it spoils, freeze or preserve it for later. Your refrigerator should be set at 40°F and your freezer at 0°F or lower to maintain food safety. By planning ahead, making smart purchasing choices, and storing food properly, you can save money, reduce waste, and make grocery shopping more efficient.

Move More, Feel Better

Regular physical activity strengthens bones and muscles, maintains or improves flexibility and range of motion, boosts cardiovascular health, helps prevent obesity, increases energy levels, enhances mental well-being, and improves overall quality of life.

To maximize the benefits of exercise, aim to incorporate a mix of aerobic exercise, strength training, stretching, and balance exercises into your routine. Aerobic activities, such as walking, jogging, dancing, or playing tennis, engage large muscle groups. These activities improve stamina while supporting heart, lung, and circulatory system health. Strength training, which can be done using free weights, resistance bands, or strength-training machines, helps maintain muscle and bone strength, boosts metabolism, and slows the progression of osteoporosis. While often overlooked, stretching is essential for maintaining flexibility and ensuring smooth movement of muscles and joints. It increases blood flow and nutrient delivery to muscles, helping to reduce soreness, tension, and pain. Balance exercises, such as front and side leg raises or toe touches, are especially important to incorporate in workouts as we age, helping to maintain stability and prevent falls.

It is recommended that adults get 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise each week. This can easily be broken down into manageable intervals, 30 minutes for 5 days a week or 50 minutes for 3 days a week. Try to focus on including strength training exercises at least 2 days per week, and remember to stretch after each workout.

Ag and Natural Resources Articles

Ben Sims

Ag and Natural Resources Agent



Cattle: Product Handling and Administration

Some animal products will cause human health problems if they are absorbed through the skin of the person administering them. To keep from products being accidentally absorbed by the person handling the pour-on product, it is important to wear a barrier-type glove, like a latex or nitrile glove, when applying these products. It's also a good idea to check the weather forecast before administering pour-ons.

Cattle that are out in the rain shortly after the pour-on has been applied will not be protected as well as those that remain dry for several hours after the product application. With pour-on and injectable products, regardless of how the product is administered, the medicine is circulated throughout the bloodstream and will get to all parts of the animal's body.

The pour-on product is first absorbed through the skin and then into the bloodstream. Injectables work the same way, so if you give an injection in the neck, it will be absorbed there and then move throughout the body.

It is always important to follow label directions on all products. If it is labeled for intramuscular (in the muscle) administration, it needs to be put into a thick muscle, and if it is a subcutaneous product, it needs to be placed under the skin. How it is prescribed to be administered is particularly important because some products have been designed for the amount of blood flow and location.

By following Beef Quality Assurance guidelines, you can confidently give the injectable products in the neck and understand that the product will be distributed throughout the body in the way it was intended. *Information comes from K-State beef cattle veterinarian, Dr. Bob Larson.*

Be Aware of Cattle Rabies

Over the last nine years, there have been 17 cases of bovine rabies in Kansas. In several of those years, cattle were the most common domestic species diagnosed with rabies in our state. Any bovine observed to have neurologic problems: head pressing, constant vocalization, choking, staggering, etc. should be considered rabid until other diseases are ruled out.

Human infection occurs through a rabid-animal bite or saliva contamination of an open wound. Several cases of human exposure have occurred when producers have attempted to relieve an apparent choke or while attempting to force feed a rabid animal.

The number of human-bovine hands-on interactions is greater in herds who participate in livestock shows. Because of the heightened interactions and that bovine rabies is relatively common in Kansas, it is recommended that all show cattle be vaccinated against this disease.

Rabies vaccines are one of the least expensive and most clinically effective vaccines available in veterinary medicine. In Kansas, a licensed veterinarian must administer this vaccine. Please contact your veterinarian to schedule a time to have your show animals vaccinated before the show season starts this year. *Information comes from K-State Veterinary Diagnostic Lab Veterinarian, Dr. Gregg Hanzlicek.*



K-STATE
Research and Extension

Greenwood County

Office Services

Agriculture and Natural Resources

- **Forage Testing**
 - Travel to your farm or ranch to take samples your stored forages (hay, silage, baleage, etc.)
 - We'll ship the samples to a lab and then provide recommendations once the results are received.
 - Our forage probe is also available for you to borrow and take samples.
- **Soil Testing**
 - Travel to your farm, ranch or home to take samples.
 - We'll ship the samples to a lab and then provide recommendations once the results are received.
 - Our soil probe is also available for you to borrow and take samples.
 - Sampling and testing for gardens, pasture, crop land (not Nitrogen profiling).
- **Fruit Tree Pruning**
 - Travel to your home to provide suggestions and prune trees.
- **Tree Issues**
 - Evaluating trees for possible disease or environmental issues.
 - Sampling trees and sending to the K-State diagnostic lab.
- **Water Testing**
 - Travel to your farm, ranch, or home to take samples.
 - We also have kits to send home with you and return after taking samples.
 - Provide feedback on the water analysis results.

Family and Community Wellness

- **Pressure Canner Gauge Testing**
 - Bring your pressure canners to us and we will test the dial gauge to ensure it is ready for use.
 - We can test Presto, National, Made of Honor, and Magic Seal canner brands.
 - We cannot test an All American pressure canner.
- **Health and Wellness Resources**
 - Nutrition
 - Recipes
 - Physical Activity

Pick up your 2025 Greenwood County Fair Book at the Extension office or check out our Facebook page to see the various other locations throughout Greenwood County!

Want to receive this newsletter by email? Send an email to Kim Fogle at kjfogle@ksu.edu to be added to the list!

REGISTER ONLINE!

OR CALL 620-583-5544 X.3



IT'S TIME *to take a Prairie Walk* June 5, 2025

WWW.GREENWOODCOUNTY.ORG

**NATIVE PLANT IDENTIFICATION
KANSAS BIRDS
NOXIOUS WEED CONTROL
AND MORE!**

Meet at 9:30 a.m.

Phillips Cabin

69 Eureka Lake Rd, Eureka, Ks

- A short ride to the prairie
- Lunch provided
- Activities conclude at 1:30 p.m.

Register by June 3

<https://forms.gle/4M2sruXnW8Uq82z68>



SPONSORS:

Greenwood County Conservation District, Greenwood County K-state Extension, Natural Resource Conservation Service, Kansas Grazing Lands Coalition, Toronto Fall River WRAPS, and Kansas Department of Wildlife & Parks



EMERALD ASH BORER

WORKSHOP

June 11, 2025

1:00 pm-5:00 pm

**Lyon County Fair
Grounds**

2700 US-50, Emporia, KS

Join us to learn more about Emerald
Ash Borer identification, treatment,
community management, and ash
wood utilization.

Register for this free
workshop



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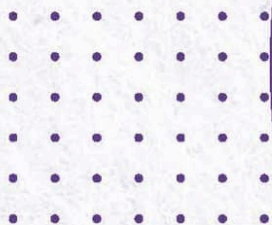
AD ASTRA PER ASPERA
Kansas
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POND MANAGEMENT



FREE TO ATTEND



RSVP

316-321-9660

<https://forms.gle/FWVLKRsnNrwQu7ru6>



GUEST SPEAKER:

DR. JOE GERKEN

K-State Extension
Fisheries & Aquatic Specialist



**TUESDAY,
JUNE 17TH, 2025**



6:30 P.M.



BUTLER COUNTY COMMUNITY/4-H BUILDING
200 N. Griffith
El Dorado, KS 67042

COVERED TOPICS



Managing Ponds



Aquatic Plant Control



Stocking Fish

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Charlene Miller four weeks prior to the start of the event at 316-321-9660 or cmiller1@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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